









**Light Carbos
2-4 Hrs. Before**





**Small Carbo Meal
15 Minutes Before**













A group of soldiers in camouflage uniforms are running outdoors on a grassy field. The soldiers are in various stages of motion, with some in the foreground and others in the background. The image has a slightly grainy, high-contrast quality, typical of older video footage. The text "carbohydrates" is overlaid in a large, yellow, sans-serif font across the middle of the image.

carbohydrates

20 min. - 2 hours after



A close-up photograph of a person's face and hand as they drink from a clear plastic water bottle. The person's eyes are closed, and their head is tilted back. The background is a blurred green, suggesting an outdoor setting. Overlaid on the image are three lines of yellow text with black outlines.

water loss

hinders performance

heat stroke







D-25-5

GUIDE TO GOOD EATING

Hot Griddle Cakes

FOOD ITEM

2 piece

SERVING SIZE

CALORIES

212

FAT

m

SODIUM

m

Nutrition Information



DAIRY _____ MEAT _____ GRAIN _____ FRUIT VEG _____ OTHER _____









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